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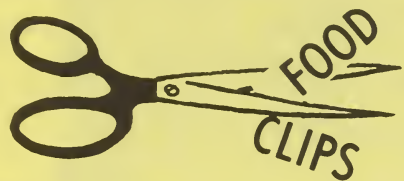
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# Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE  
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Evaporated milk can be used in place of milk or cream on cereals and puddings and in cooking and, according to U.S. Department of Agriculture, can really be a money-saving habit.

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Variety meats such as beef, pork, or lamb liver -- or kidneys -- are all bargains in vitamins and minerals.

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Remember, to get the same amount of vitamin C, it takes about two and a half times as much tomato as orange or grapefruit juice.

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Do you ever use the leafy tops of young beets and turnips? These, like kale, spinach, mustard greens, and collards, are cheap sources of vitamin A. They contain other vitamins and iron, too.

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Add flavor to food value and use molasses often instead of white sugar in such foods as baked beans, cookies, puddings, and bread.

## KNOW YOUR "OATS" —

Oats may make a vital contribution towards meeting the world needs for protein. Scots and Irish folks are known to be fond of oats but in the overall picture, oats now plays a small role in the human diet.

Oats has an average protein content of 17 percent which means that cultivated oats are superior to many other cereals. Its balance of amino acids (so-called building blocks of protein), while slightly inferior to foods of animal origin is the best of all commercially grown cereals, according to Agricultural Research Service of U.S. Department of Agriculture. Oats is especially rich in the limiting amino acid lysine whose concentration in the protein of other cereals is about 3 percent; the figure for oats is 4 percent and more.

ARS scientists are working to screen cultivated and wild oats to find those with more protein and a better balance of amino acids. They are cooperating with other breeders toward the goal of genetically raising the protein content of new oat varieties to 20 percent. It takes years of detailed research to investigate all the possibilities, but the search is on and oats could become an even more valuable food.

## AND NOW WE BRING YOU

### —Candy Research

Candy "can" be good for you. It depends on what kind. Based on the interesting premise that people--especially children--will continue to eat candy for enjoyment, Agricultural Research Service scientists at the U.S. Department of Agriculture have developed a product that is nutritionally balanced, yet is both acceptable and salable.

Sound too good to be true? The new candy's protein quality compares quite favorably with casein, one of nature's best sources of protein. And it does taste good, too. . .it's already passed its initial sales test.

The nutritious candy is made by first boiling a sucrose-corn syrup solution to reduce its moisture content. After removing the sugar syrup from the heat, fat, flavorings, nutrient fortification mixtures, and finally dry protein are added. Some vitamins, notably A and C, have to be added directly, since sufficient amounts are not found in typical ingredients.

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## LEAVE THE LEAVES

Leave the leaves.....don't burn them. Burning leaves causes air pollution and wastes money. The leaves from one large shade tree can be worth \$15 in terms of plant food and humus. Pound for pound the leaves of most trees contain twice as many minerals as manure.





"You Are What You Eat" is the slogan for the National School Lunch Week programs now being celebrated across the country by school food service. The sign of the "dancing bear" teetering on the ball depicts the good form you'll have by eating the proper foods.

Focal point of National School Lunch Week will be Wednesday, October 17, when the Universal School Lunch Menu will be served across the country. Barbecued Beef on a bun is this year's main dish.

A new "You Are What You Eat" public service television tape is available free from the U.S. Department of Agriculture to help promote National School Lunch Week. It is a thirty second "TV commercial" that uses the happy bear on this year's theme posters to encourage youngsters and their parents to understand that school lunch is good for students. The tape may be broadcast year around. It is available to television stations by writing to USDA/Food and Nutrition Service Child Nutrition Division, Attention: Mr. Phil Fleming, Washington, D.C. 20250.

## PLAN EARLY

### —For the Season to be Jolly...Try Holly

The bright red fruits and glossy leaves of the holly plant fit into the fall and winter landscape with ease. Hollies may produce berries that are red, yellow, or black, the color depending on the species and variety of the plant. The leaves may be spiny or spineless and evergreen or deciduous, and there are nearly 300 species.

Hollies of the garden may be described by six principle groups 1) American 2) English 3) Chinese 4) Japanese 5) Miscellaneous Evergreen Hollies and 6) Deciduous Hollies. The Japanese hollies are the most widely grown but because of their spineless leaves, resembling those of the box plant, and their black fruit, Japanese hollies are not recognized by most people as being hollies.

One thing that most people do not know is that hollies must be pollinated before they will set an effective display of berries. Some hollies, through a process known as parthenocarpy, will produce berries without being pollinated. This kind is called "Burford."

But—if your holly plants do not set berries, the reason may be that—the plant is male; male and female flowers are borne on separate plants and male plants do not form berries. Perhaps the plant is just too young to flower; hollies do not flower freely until they are six to eight years old. A male plant of the same species may not be close enough for effective pollination, but bees can bring pollen from male plants that are up to two miles away. A male plant of the same species as the female makes the best pollinator.

A yearly pruning at Christmas time is usually enough to control the shape of the plants -- and this pruning time also provides holiday greens for all your decorating needs. Horticulturists at the U.S. Department of Agriculture say you may apply fertilizer in late fall, if your plant needs it.

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#### COMMENTS AND INQUIRIES TO:

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